

School Health Promotion Morning Announcements

DECEMBER: Wash Your Hands



Quiz:

[Start speaking here.]

What is your hand washing I.Q.?

1. You should wash your hands for at least ____ seconds?
 - A. 5
 - B. 20
 - C. 90

Answer: B. You should wash your hands for at least 20 seconds. To keep the time, sing the Happy Birthday song twice.

2. After which activities should you wash your hands?
 - A. Going to the bathroom
 - B. Coughing, sneezing or using a tissue
 - C. Touching animals
 - D. After playing outside
 - E. All of the above.

Answer: E. You should wash your hands after all of these activities.

How to wash your hands properly: Use soap and warm water. Make a lather. Scrub thoroughly for 20 seconds – palms, back of hands, between fingers, under nails. Rinse well and use a paper towel to shut off the faucet. Dry hands completely.

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